



October 2018

Hello Meadowbrook families,

I would like to share a website with you that contains resources that can be used at home with students grade 1-5 to teach and reinforce social-emotional concepts. The resources are free and are offered through the UW Extension in partnership with the Department of Public Instruction.

The website is Raising Caring Kids <https://parenting.uwex.edu/raising-caring-kids/>. There are helpful articles, videos, and discussion points to use with children to reinforce social and emotional skills at home. The videos currently available address problem-solving skills, mindfulness, persistence, perspective taking, and responsibility and are between 1-2 minutes. They are designed for students to view. There are also short online articles, one of which is linked below.

[A Little Caring Goes a Long Way](#)

If there are other resources that you are interested in, please let me know.

Carrie Gahan
Meadowbrook School Psychologist

